



CURTIS NEWS

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Management

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Seven steps to ease the holiday stress

1. **Start the clock.** One way to reduce holiday stress is to have a holiday calendar. Your calendar will serve as your road map. Create a binder with tabbed dividers to keep track of recipes, new decorating tips, simple gift ideas and your to-do list.
2. **Send holiday cards early.** Make a list of people to whom you would like to send cards. Prepare cards in mid to late November, so they'll be ready to go in early December.
3. **Buy gifts online.** Not only do you avoid crowds and picked-over merchandise, but many stores offer special items and coupons that are only available to shoppers online.
4. **Organize the house.** You've got shopping and errands to do, so consider having your house cleaned by a professional. Next, think about how you'll entertain. Will it be buffet style or sit down. Arrange your space accordingly and make sure you have enough supplies, such as napkins and glassware.
5. **Prepare the meal.** In order to avoid spending hours racing around the kitchen before your guests arrive, prepare dishes in advance and freeze them. Another option is to hire a caterer or personal chef or have guests bring their favourite dish.
6. **Set the table.** Don't wait until it's time to set the table to realize you're short four dessert spoons or in need of a big bowl for the eggnog. Once your menu is planned and your guest list is set, make a list of how many place settings you'll need, what serving pieces you'll be using and prepare for a few extra guests just in case.
7. **Decorate with ease.** Creating a festive environment doesn't have to be hard work. Place poinsettias throughout your house. Create a soothing atmosphere by playing your favourite holiday music. Light candles scented with cinnamon, peppermint, pine or ever sugar cookies.

Finally, just have fun and cherish the holiday season.

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"The greatest wealth is health"...Virgil

How to prepare for a safe ski and snowboard season

Downhill skiing and snowboarding require specific preparations and conditioning routines to ensure safe winter fun. Strength, flexibility, endurance and technical skills for skiers and boarders are essential for both recreational and the expert skiers. Most skiers return to the slopes after months away. Some participate in other sports during the off season to stay in shape, but many are weekend warriors. No matter where you fit, you could wind up with minor aches, pains or a serious injury if you don't spend a little time preparing.

Skiing and boarding requires both technical and physical skills, including strength, endurance and balance to master the slopes.

Muscular Strength – Muscular strength improves your ability to relax and still maintain control, while making quick adjustments needed on uneven terrain. All the major muscle groups of the body, especially the core, are used for skiing. A great strength exercise is a single leg squat. A second great strength exercise is a weighted squat.

Explosive Power – When strength training is combined with speed, quickness and agility training, power is developed and expert level skiers are born. Exercises that create power include plyometrics, sprinting, agility drills and stair running. One great exercise is to stand on a bench or box (12 inches or so), jump down and then immediately back up. Do this 10-30 seconds at a time, rest and repeat.

Flexibility – The best stretches for skiers and boarders focus on the lower extremities and snow boarders need to also stretch the upper body. One great core stretch is a core twist. Stand with your knees slightly bent and your arms crossed in front of you. Slowly look over one shoulder and let your whole body follow until you feel a good stretch in the back and side. Hamstring and quadriceps stretches are also recommended for skiers.

Endurance – For cardiovascular endurance, good preparation exercises include road, mountain or stationary biking. It builds the heart and lungs and focuses on the leg muscles used during skiing.

Technical Skills – Technical skills start with lessons from a certified instructor.

Balance Training – Working on balance can include one-legged squats or work on balance boards.

Agility Exercises – To improve side to side agility, stand in a relaxed half squat position and step quickly side to side (maintaining the squat). As you improve, jump side to side keeping the inside foot off the ground and the focus of your weight on your outside foot/inside edge.

For more ideas or to set up a program to prepare for winter sports, see your onsite Curtis Fitness Coordinator.

"Lighten Up" and Do Not Gain a Pound This Holiday Season

For many people, weight gain during the holidays seems to be an unavoidable fact of life. The parties, heavy eating occasions and family gatherings lead to overconsumption and tight clothes. However, with a little determination and some planning, the holiday season does not have to lead to weight gain. Here are some suggestions to help you along:

- **Change your mentality** – Instead of focusing on weight loss, focus on weight maintenance. There may be too much going on and too many tempting parties, holiday engagements, etc., to focus on weight loss. So instead focus on maintaining your current weight.
- **Make simple substitutions** – Try preparing foods that are nutritious and satisfying yet low in calories. Reducing the amount of fat and calories in holiday meals can help prevent weight gain during the holidays. Create healthier versions of holiday favourites by using lower fat options.
- **Start a new holiday tradition** – Get together for a holiday walk, a game of touch football, a volunteer activity or even carolling.
- **Exercise** – It's easy to overindulge during the holidays, so be sure to make time to work up a sweat and burn some calories.
- **Do not deprive yourself** – The holidays are a time for laughter, fun and food. Having a small slice of pumpkin pie will not lead to weight gain. Moderation is the key. Take small servings of food and allow yourself to enjoy the taste of each bite. Deprivation will only lead to overindulgence later.

Holiday Appetizers – On the Light Side

Mini Veggie Frittatas

12 slices zucchini, 1/8 inch thick
1/2 red pepper, finely chopped
1 large green onion, finely chopped
2 large eggs
1/2 cup egg substitute
1/4 tsp salt
1/4 tsp freshly ground pepper
1/4 tsp oregano
1/2 cup reduced fat sharp cheddar
Canola oil cooking spray

Spray 12 muffin tins with cooking spray. Preheat oven to 400 degrees. Add a zucchini slice to the bottom of each prepared muffin tin. Top zucchini slices with red pepper and green onion. In mixing bowl, beat eggs, egg substitute, salt, pepper and oregano until completely blended. Spoon about 1 1/2 tablespoons of the egg mixture into each of the muffin tins. Sprinkle the cheese evenly over the tops of the cups. Bake until frittatas are set, about 10-12 minutes. Serve warm and use a small rubber scraper to remove the frittatas from the pan.

Makes 12 mini frittatas

For 2 frittatas: 65 calories, 7 grams protein, 1.8 grams carbs, 3.3 grams fat, 4 grams fiber.



CURTIS CORNER

Choosing Change

By Mary Roncarelli
Certified Lifestyle Coach
Certified Counselor
BPhEd

Life offers us many opportunities to change. Whether we take them or not is dependant on many things. Being ready to change is the number one indicator of how far we are willing to venture into the world of the “unknown”. A willingness to change establishes our intent but doesn’t necessarily propel us into a committed plan of action. Nike once said “just do it”. Does that mean that change is truly that easy? True change that is geared towards success needs to include:

- A mission statement
- A belief system that supports success
- A plan of action
- A support network to help keep us on track and moving forward

Creating new beginnings also needs to include a cleansing of old beliefs and attitudes that might keep us stuck in old ways. Saying goodbye to what was and inviting a new way of being will help to clear the path on your road to success. Start by taking small steps that will help to increase confidence and belief in your ability to change. Once you have accomplished success in one small area of your plan, the feeling you get from being successful will empower you to conquer the next step towards long term change. Be patient and forgiving yet committed and disciplined. The right balance of self care and personal belief is essential to the buy-in you need to really believe that you deserve what it is you are setting out to achieve. True change can be exhilarating and exciting, if you choose to see it that way. Choosing Change is about making a choice. Decide what it is you want and “just do it”. Maybe Nike wasn’t that far off the mark.

For more information on Curtis Health’s Choosing Change program, call (604) 921-2348 or email info@curtishealth.com. You can also visit our website at www.curtishealth.com.



www.racketsandrunners.ca

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Curtis Personalized Health Management Ltd.

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